

Healthy Bites



Information To Improve the Selection and Use Of Foods In Your Home

Cooking With School-Age Kids

Summer 2007 ~ Volume XXXVI

What Kids Learn in the Kitchen

Certainly, it is easier and faster to do it yourself. So why encourage your school-age child to join you in the kitchen? Because the lessons learned there can be a benefit both at home and in the classroom.

Cooking teaches your child about eating well. Young children are usually still interested in conversations about nutrition. Planning a menu can become an opportunity to explain smart food choices. Take the time to discuss the different food groups and encourage your child to experiment with foods he or she might not otherwise try. A child who has a hand in making the vegetables might be a little more willing to sample them at the table. Sharing food means sharing memories and good conversation. Tell your child about the kind of foods you liked as a kid. The kitchen is also a place to ask thought-provoking questions like: To make a really colorful dinner, which foods would you include?

Cooking can also foster responsibility. Kids start out learning to follow recipe directions and then they learn to clean up after themselves when the project is completed. Learning how to safely handle kitchen equipment is an important part of learning to cook. Kids need safety reminders and help with following the steps in a recipe, but they can learn to clean up spills as they happen and to put things back where they belong.

Your kitchen is a learning lab. As your child learns to crack eggs and stir sauce, he or she is also gaining new science, language, and math skills. Basic math skills ("are we putting in more salt or baking soda?") and sequencing skills ("what is first...next...last?") give way to fractions ("is this 3/4 of a cup?") as your child gains confidence in the kitchen. Reading recipes can improve reading comprehension, and something as simple as salt sprinkled on an ice cube demonstrates basic science principles.



Working together in the kitchen can be a great way for siblings to connect, though having more than one child to manage can make it a little more challenging. Try to give each child an equal number of fun tasks, and encourage patience, cooperation, and teamwork. For instance, if the kids like cracking eggs, tell them how many you need and let them divide them equally.



Your Budding Chef? A child who shows a real interest in cooking might be ready to tackle more advanced cooking techniques. It takes practice to garnish, drizzle, and zest, but learning these skills will be fun for a kid with culinary interests. If your child wants more expertise than you can provide, consider cookbooks, DVDs, and cooking classes for kids. Who knows -- you could be raising the next Julia Child or Emeril Lagasse!

CHECK THE LABEL

Sweet Corn

This food is low in Saturated Fat, and very low in Cholesterol and Sodium. It is also a good source of Dietary Fiber, Vitamin C, Thiamin, Folate, Magnesium and Phosphorus.

Nutrition Facts

Serving Size 154 g	
Amount Per Serving	
Calories 132	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 23mg	1%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	17%
Sugars 5g	
Protein 5g	
Vitamin A 0%	Vitamin C 17%
Calcium 0%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Mount Clemens Farmers Market

Fresh, Locally Grown Products Since 1979

THE MARKET OPENS FOR THE SEASON SATURDAY, MAY 5TH



MARKET DAYS AND HOURS

Fridays and Saturdays - 7 a.m. to 1 p.m.
May thru November

MARKET LOCATION

Located at the City's Park & Ride Lot on North River Road between 1-94 & North Bound Gratiot Avenue

The Best Foods We Never Eat

Stuck in a food rut? You don't have to go far to find some overlooked food choices that are easy to prepare, pack a nutritional wallop and avoid unhealthy fats.

Avocado



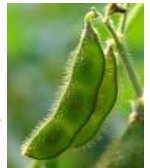
The avocado is high in fat, but most is the heart-healthy **monounsaturated** fat. We know the avocado tastes great, but outside of an occasional guacamole dip, few of us reach for this high-fiber food for salads or as a great side dish. It provides protein, a good dose of vitamins A and E, some B vitamins, lots of potassium and a dollop of copper. The rich and creamy avocado has been called the "chocolate" of fruits.

Barley

Here's another soup secret we tend to forget despite its claim to protein, fiber, potassium, phosphorus and iron. One cup supplies 25 percent of the DV for fiber. Eat pearled barley as a side dish instead of rice, use it for a hearty casserole, or boil it to create a unique base for a stir-fry meal. And look at the high nutritional content of some other forgotten but powerful grains, like quinoa and amaranth.

Soybeans

The FDA recently added soy to the list of foods that can make health claims because of its value in reducing the risk of heart disease. Soy is high in protein -- one cup of beans can fill 40 percent of the DV for protein and the bean also serves up generous helpings of fiber, calcium, potassium, iron, phosphorus and magnesium. How you eat this versatile food is up to you -- cooked and mixed in salads or casseroles, roasted for snacks, or as tofu, tempeh or soy milk. Soy has some fat, but very little saturated fat.



Lentils

We never think of this legume unless it's in our soup. But put lentils in rice or casseroles and you've added one of the highest-protein, highest-fiber foods around. A cup of lentils supplies about 40 percent of the DV for protein and about 65 percent of the DV for fiber. The lentil is high in potassium, calcium and iron, and a good source of B vitamins, phosphorus and copper. The fat content? Zero.

Kale

Dark, leafy green vegetables are an acquired taste. Maybe now's the time to see if your taste buds have matured to accommodate this no-fat, low-calorie, super-high-vitamin-A food. One cup of kale (boiled, but not overcooked) gives you double the DV for vitamin A. You'll also get some vitamin C, a small amount of B vitamins and a generous amount of calcium. Look for kale's healthy but ignored cousins: Swiss chard, mustard greens and collards.

Sweet potato



At Thanksgiving, we dash for sweet potatoes as if they're available just once a year. But you can bake or microwave these tubers anytime for a super dose of vitamin A -- five times the daily value (DV) the Food and Drug Administration (FDA) uses for labeling. Sweet potatoes also offer some vitamin C and a significant helping of important minerals, including calcium, phosphorus, potassium, magnesium and iron. And this fat-free, tasty package brightens the plate.

StayWell Custom Communications. 12/20/06 / Content provided by Revolution Health Group

****WORD WISE****

Monounsaturated

When choosing fats, your best options are unsaturated fats: monounsaturated and polyunsaturated fats. These fats, if used in place of others, can lower your risk of heart disease by reducing the total cholesterol levels in your blood. Monounsaturated fat remains liquid at room temperature. Foods high in monounsaturated fat include olive, peanut and canola oils. Avocados and most nuts also have high amounts of monounsaturated fat.

Did You Know?

Angel Food Ministries (AFM) is a terrific source of low-cost nutritious food for you and your family. Each month you receive one box of food including both fresh and frozen items. You pay only \$25 for the food which is valued at approximately \$75. Each month the food items change.

To find out more about Angel Food Ministries and/or sign up, simply call 1-877-366-3646. It's a free call. **There are no income limits for this program.**



Sweet Corn

Sweet corn is one of the late summer favorites in Michigan. The native crop is available in local farmer's markets, as well as in many large supermarket chains that support locally grown produce. Cooked and eaten straight from the garden, it is a special treat.

Key nutrients in corn, in addition to vitamin C, are folate, thiamin and phosphorus. Yellow-kerneled corn also has a supply of vitamin A in the form of beta carotene. The newer varieties that are known as super sweet have more than twice the sugar content as regular corn.



Three Things To Do With Fresh Sweet Corn

BUYING: Choose corn that has bright green husks tight around the kernels. Husks should not be dry, wilted or moist. The silk should be golden brown, soft and silky. Keep corn chilled in the refrigerator up to seven days.



COOKING: To boil, bring cold water to a boil and drop in the corn. Boil as little as 3 minutes and up to 7 minutes. To grill corn, peel back the husk and remove the silk. Put the husk back and soak in water several hours. Grill the corn in husks over medium-high heat about 15 minutes, turning frequently.

SEASONING: Sprinkle with salt, chili powders or favorite seasoning blends, or eat it plain or slather unsalted or herb butter on the corn.

Corn Salad with Green Beans

Serves: 8 (side dish servings) / Preparation time: 15 minutes / Total time: 25 minutes

Bring a large pot of water to a boil. Season water with salt. Add the green beans and bring back to a boil and cook 1 minute. Add the corn and cook 1 more minute. Drain immediately, and rinse with cold water to stop the cooking. Transfer to a bowl. Add the red onion and tomatoes. In a glass measure, whisk together all the vinaigrette ingredients. Pour over the salad and toss to coat. Chill 1 hour before serving.

Adapted from Fine Cooking magazine, June/July 2005 issue.

137 Calories (62% from fat), 10 grams fat (1 grams sat. fat),

13 grams carbohydrates, 2 grams protein, 25 mg sodium,

0 mg cholesterol, 18 mg calcium, 3 grams fiber.

Ingredients:

Salt

1/2 pound fresh green beans, stem end removed, cut in half

4 fresh ears corn, kernels removed

1 small red onion, peeled, thinly sliced

1 large tomato, cut into chunks or substitute grape tomatoes cut in half

Vinaigrette

1 large clove garlic, peeled, minced

2 tablespoons Dijon mustard

2 tablespoons red wine vinegar

1/3 cup olive oil

1/2 teaspoon mustard

Salt and pepper to taste

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For more information or questions regarding food and nutrition, contact us!

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